

Theragran-M[®]

Advanced Nutrition
for Mind & Body^{***}

with CoQ10
250 mcg

Iron FREE!

***This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

*Your supplement needs may depend on your diet and other factors. Ask your health advisor.

Theragran-M[®]



May Help
Promote
Heart & Eye
Health^{***}

25 mcg
Vitamin D3

Premier 50 Plus

MULTIVITAMIN/MINERAL SUPPLEMENT

Easy to swallow | 130 Caplets

DO NOT USE IF PRINTED SEAL UNDER CAP IS MISSING OR BROKEN

Supplement Facts

Serving Size 1 Caplet

Each Caplet Contains	% DV	Each Caplet Contains	% DV
Vitamin A 890 mcg (18% as beta-carotene)	99%	Magnesium 100 mg	24%
Vitamin C 120 mg	133%	Zinc 17 mg	155%
Vitamin D3 25 mcg (1000 IU)	125%	Selenium 200 mcg	364%
Vitamin E 27 mg	180%	Copper 2 mg	222%
Vitamin K 10 mcg	8%	Manganese 3.5 mg	152%
Thiamin 3 mg	250%	Chromium 150 mcg	429%
Riboflavin 3 mg	231%	Molybdenum 75 mcg	167%
Niacin 25 mg	156%	Chloride 72 mg	3%
Vitamin B6 6 mg	353%	Potassium 80 mg	2%
Folate 680 mcg DFE (400 mcg folic acid)	170%	Boron 150 mcg	*
Vitamin B12 30 mcg	1250%	Silica 2 mg	*
Biotin 35 mcg	117%	Vanadium 10 mcg	*
Pantothenic Acid 15 mg	300%	Coenzyme Q10 250 mg	*
Calcium 200 mg	15%	Lutein 250 mcg	*
Phosphorus 50 mg	4%	Lycopene 375 mcg	*
Iodine 150 mcg	100%		

*Daily Value (DV) not established.

INGREDIENTS: Calcium Carbonate, Dicalcium Phosphate, Magnesium Oxide, Potassium Chloride, Ascorbic Acid, dl-Alpha Tocopheryl Acetate, Gelatin, Microcrystalline Cellulose, Croscarmellose Sodium. Contains 2% or less of beta-carotene, biotin, calcium silicate, carnauba wax, cholecalciferol, chromium chloride, coenzyme Q10, cupric oxide, cyanocobalamin, D-calcium

pantothenate, dextrin, dextrose, FD&C blue no. 2 lake, FD&C red no. 40 lake, FD&C yellow no. 6 lake, folic acid, hydroxypropyl methylcellulose, lecithin, lutein, lycopene, magnesium stearate, manganese sulfate, niacinamide, phytonadione, polyethylene glycol, potassium iodide, pyridoxine hydrochloride, retinyl acetate, riboflavin, sodium borate, sodium metavanadate, sodium molybdate, sodium selenate, stearic acid, thiamine mononitrate, titanium dioxide (color), zinc oxide.

CONTAINS: SOY

DISTRIBUTED BY: WALGREEN CO.
200 WILMOT RD., DEERFIELD, IL 60015
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DIRECTIONS: Adults - One caplet daily with food as a dietary supplement.

CAUTION: Pregnant or nursing women, individuals taking medication(s) or persons who have a health condition should consult their physician before using this product.

Keep out of reach of children.
Store at 15° - 30°C (59° - 86°F).

Theragran-M[®] is a registered trademark of Walgreen Co.

Questions or comments? 1-866-927-5470

Gluten Free

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